



lunes		martes		miércoles		jueves		viernes		I. Nutricional	
1		2		3		4		5		Kcal: 0 HC: 0 Prot: 0 Lip: 0	
8	Arroz con pollo Huevos revueltos con judías verdes salteadas Fruta y pan Rice with chichen Scrambled eggs with Sautéed green beans Fruit and bread	9	Crema de verduras con picatostes Contramuslo de pollo asado con panaché de verduras Fruta y pan Vegetable cream with croutons Baked chicken thigh with boiled vegetables Fruit and bread	10	Espaguetis con tomate Rape a la romana con verduras salteadas Fruta y pan Spaghetti with tomato sauce Battered & fried monkfish with sautéed vegetables Fruit and bread	11	Alubias a la jardinera Merluza a la plancha con brócoli salteado Fruta y pan White beans with vegetables Grilled hake with sautéed broccoli Fruit and bread	12	Sopa de verduras Pavo en salsa con patatas fritas Fruta y pan Vegetable soup Turkey with gravy with french fries Fruit and bread		Kcal: 672 HC: 77 Prot: 34 Lip: 25
15	Lentejas a la jardinera Tortilla de patatas con guisantes salteados Fruta y pan Vegetables lentils Spanish potato omelette with sautéed peas Fruit and bread	16	Crema de calabacín con picatostes Filete de lomo en salsa con arroz salteado Fruta y pan Cream of zucchini with croutons Loin steak in gravy with sautéed rice Fruit and bread	17	Arroz con magro y verduras Pizza vegetal con brócoli salteado Fruta y pan Pork & vegetable rice Vegetable pizza with sautéed broccoli Fruit and bread	18	Garbanzos estofados Hamburguesa de pollo con patatas dado Fruta y pan Stewed chickpeas Chicken burger with diced potatoes Fruit and bread	19	Espirales con verduras con tomate Abadejo a la donostiarra con patatas al horno Fruta y pan Spirals with vegetables with tomato Basque style haddock with baked potatoes Fruit and bread		Kcal: 739 HC: 100 Prot: 30 Lip: 24
22	Judías verdes con tomate y bacon Albóndigas a la jardinera con cous cous Fruta y pan Green beans with tomatoes & bacon Meatballs with vegetables with cous cous Fruit and bread	23	Alubias pintas a la riojana Delicias de merluza con tomate al horno Fruta y pan Rioja style cooked beans Hake delights with baked tomato Fruit and bread	24	Pasta con atún Tortilla francesa con patatas campesinas Fruta y pan Pasta with tuna Omelette with peasant potatoes Fruit and bread	25	Sopa de pescado Jamoncitos de pollo al horno con patatas asadas Fruta y pan Fish soup Baked chicken drumsticks with baked potatoes Fruit and bread	26	Arroz con verduras Bacalao a la andaluza con guisantes salteados Fruta y pan Rice with vegetable Andalusian style codfish with sautéed peas Fruit and bread		Kcal: 750 HC: 84 Prot: 32 Lip: 29
29	Judías verdes, zanahorias, guisantes y patatas rehogadas Butifarra al horno con patatas fritas Fruta y pan Sautéed green beans, carrots, peas & potatoes Baked butifarra sausage with french fries Fruit and bread	30	Lentejas con arroz Tortilla campesina con menestra Fruta y pan Lentils with rice Country omelette with menestra Fruit and bread	31	Arroz napolitana Ventresca de merluza al horno con brócoli salteado Fruta y pan Neapolitan rice Baked hake with sautéed broccoli Fruit and bread					Kcal: 628 HC: 87 Prot: 27 Lip: 24	